THE RECOVERY KERNEL

Media & Distribution Pitch Deck

The Marshall Project · Prison Policy Initiative · Books to Prisoners · Prison Book Program · Inside Books Project · Appalachian Prison Book Project

A systems architect who was incarcerated at FMC Rochester, MN

spent fifteen years and over a million dollars in failed addiction treatment

before understanding that his genetics made every standard protocol biologically mismatched.

He wrote the manual that should have existed. It is free. It is public domain.

He is donating it to every prison library that will accept it.

The Story

This is the pitch in one paragraph:

> *A computer systems architect who spent time at FMC Rochester — the Bureau of Prisons' federal medical facility in Minnesota — applied the only framework that had ever worked for him in other domains: systems engineering. He stopped asking what treatment to try next and started asking why treatment was failing. The answer was pharmacogenomics: a combination of genetic variants in MTHFR, COMT, and CYP450 that meant every standard addiction treatment protocol was biologically mismatched for his specific hardware. He tested the protocol for ten years, documented it, and published it as The Recovery Kernel — 44 operational protocols, nine volumes, a complete Gene-Substance Matrix, appendices covering HIV, hepatitis, suicidality, and psychiatric co-morbidities — under CC0 public domain license, free forever, with no strings attached. He is now donating it to prison libraries across the country, because the people who have the time to read it carefully are the people who most need it to exist.*

FMC Rochester is where the Bureau of Prisons sends people who are medically complex — people with serious mental health and physical health conditions. It is, by design, where the system places the people who have already fallen through every other net. The author was there. He observed what the people around him were given in terms of treatment resources and what they were not given. The gap between what exists and what is needed is the reason this book was written.

The Recovery Kernel is not a self-help book. It is a pharmacogenomic framework translated into plain language, a set of operational protocols organized by clinical priority, and a complete reference library covering the co-morbid medical conditions that the recovery literature almost never addresses: HIV, syphilis, hepatitis, toxoplasmosis, Wernicke's encephalopathy, suicidality, and the iatrogenic harm caused by the psychiatric medications that were supposed to help.

It is written in a voice that someone sitting alone in a cell at 2am can hear. The Centurian Papers — the C-series essays — were written with exactly that reader in mind.

Why This Matters — The Numbers

These numbers are not background. They are the argument.

65% of people in U.S. jails and prisons have a substance use disorder — approximately 1.3 million people. (Bureau of Justice Statistics)

95% of those with substance use disorders in correctional settings receive no treatment. (NIDA)

40–129× the baseline overdose rate in the first two weeks after release from incarceration. The transition from incarceration to freedom is the highest-risk window in recovery. (Merrall et al., The Lancet)

$38,000 average annual cost to incarcerate one person in a federal facility. The Recovery Kernel costs nothing.

40% of the general population carries at least one MTHFR variant that compromises neurotransmitter production — the supply-side deficit that makes substances feel like medicine rather than recreation. Most incarcerated people have never heard of it.

10 years the average delay between onset of addiction symptoms and first treatment. Most people in the criminal justice system have been failed by every treatment they encountered.

$200 the approximate cost of pharmacogenomic testing that would have identified the author's treatment-resistant profile in weeks. It took fifteen years and over one million dollars without it.

0 the cost of The Recovery Kernel. Public domain. CC0. No signup. No purchase. No permission required to copy, distribute, or reproduce.

What The Recovery Kernel Actually Is

The book is organized as a complete reference library in nine volumes:

Volume I — Crisis Entry & Biological Foundation

Emergency triage, phenotype assessment, neuroplasticity, gut-brain axis, dopamine architecture. The foundational layer that explains why standard treatment fails specific genetic profiles.

Protocol 41 — The Airlock

The overdose rate in the first two weeks after release is 40 to 129 times baseline. This protocol explains the neuroscience of why and provides a specific transition framework. It is the most important protocol in the book for anyone leaving a correctional facility.

Protocol 39 — The Diversion Map

The Sequential Intercept Model — the justice system's own framework for routing people toward treatment rather than incarceration — reverse-engineered. Every decision point mapped. Written for the person inside who doesn't know the exits exist.

Appendix C — Neurological & Psychiatric Co-morbidities

Schizophrenia spectrum, bipolar disorder, Wernicke's encephalopathy, and suicidality — with the 12 GWAS loci associated with suicide attempts and their specific COMT interactions. These are the conditions most commonly present in federal medical facilities and least commonly addressed by the available resources.

Appendix A — HIV, Hepatitis, STIs, and Infectious Disease

HIV/PrEP/PEP, syphilis, gonorrhea, hepatitis A/B/C, herpes, HPV — the co-morbid infections disproportionately present in correctional populations, documented honestly, without shame, with specific treatment and prevention information.

The Centurian Papers — C-26 through C-34

The C-series essays — The Tare, The Olympian of Nothing, The Recast, The Seven Tares, Apropos Therapy, The HIV Insomnia Architecture, The Iatrogenic Wound — are the most personal writing in the compendium. They address the territory that clinical language cannot reach. They were written with a specific reader in mind: someone in an institution with time and quiet and the capacity to absorb something difficult.

Pitch 1 — The Marshall Project

The Marshall Project is the nation's leading nonprofit criminal justice news organization. They cover the intersection of the justice system with health, mental health, and substance use. This story has every element they publish.

EMAIL

TO: pitches@themarshallproject.org
SUBJECT: Story pitch: The engineer who built a free addiction science manual from inside federal prison

Dear Marshall Project editors,

I'm pitching a story about The Recovery Kernel — a free, public-domain addiction recovery framework built by a computer systems architect who was incarcerated at FMC Rochester, the Bureau of Prisons' federal medical facility in Minnesota.

The story, in brief: After fifteen years and over a million dollars in failed addiction treatment, the author stopped asking what treatment to try next and started asking why treatment was failing. The answer was pharmacogenomics — a combination of MTHFR, COMT, and CYP450 genetic variants that meant every standard protocol was biologically mismatched for his specific system. He spent ten years testing and documenting a framework, then published it as The Recovery Kernel: nine volumes, 44 protocols, a complete Gene-Substance Matrix across 30 genes, and appendices covering the co-morbid medical conditions — HIV, hepatitis, suicidality, Wernicke's encephalopathy, iatrogenic psychiatric harm — that the recovery literature almost never addresses.

The book is CC0 public domain. Free. No signup. No purchase. He is now donating it to prison libraries across the country.

Why The Marshall Project:

65% of people in U.S. jails and prisons have a substance use disorder. 95% receive no treatment. Overdose rates in the first two weeks after release run 40 to 129 times baseline. These numbers represent a failure of information as much as a failure of resources — the people inside do not have access to the kind of pharmacogenomic, biology-first framework that explains why the standard approaches failed them.

Protocol 41 of this book — The Airlock — is specifically written for the person leaving incarceration. It explains the neuroscience of post-release overdose risk and provides a concrete transition framework. Protocol 39 — The Diversion Map — reverse-engineers the Sequential

Intercept Model for the person inside who doesn't know the exits exist.

The author was at FMC Rochester — the facility where the Bureau of Prisons places people with serious medical and psychiatric complexity. He observed directly what resources were available and what wasn't. That observation is part of why this book exists.

This is not a self-help story. It is a story about what happens when someone applies engineering thinking to a problem the medical system has been failing to solve — and then gives the solution away for free, specifically to the people the system failed most severely.

I'm attaching a one-page overview and a link to the full compendium. I'm available for a conversation at your convenience.

Thank you for your time and for the journalism you do.

The System Architect
The System Architect
github.com/JRToken-NGI/recovery-kernel

#Sent 4/11/2026 from J R Token email alias

Pitch 2 — Prison Policy Initiative

The Prison Policy Initiative produces research and policy advocacy on mass incarceration. They have large distribution networks and existing relationships with prison reform organizations. The framing here is policy and data.

EMAIL

TO: info@prisonpolicy.org
SUBJECT: Free recovery science resource for incarcerated populations — distribution partnership inquiry

Dear Prison Policy Initiative team,

I'm writing about The Recovery Kernel — a free, public-domain addiction recovery framework I'd like to make available through your distribution network to incarcerated people and reentry organizations.

The resource: The Recovery Kernel is a complete pharmacogenomic addiction recovery system — nine volumes, 44 operational protocols, and appendices covering HIV, hepatitis, suicide risk, and psychiatric co-morbidities — published under CC0 public domain license. Free. No signup. No purchase required. It is available now at github.com/JRToken-NGI/recovery-kernel.

The author's background is directly relevant to your mission: he was incarcerated at FMC Rochester, MN — the Bureau of Prisons' federal medical facility — where he observed firsthand the gap between what incarcerated people with serious medical and mental health conditions are given in terms of recovery resources and what they actually need.

The policy argument: 65% of incarcerated people have a substance use disorder. 95% receive no treatment. Overdose rates in the first two weeks after release run 40 to 129 times baseline — a documented public health emergency that begins at the moment the gate opens. The primary intervention available at that moment is information: a framework that explains the biological mechanisms of addiction and recovery in plain language, written for someone with time to read carefully and a need to understand precisely what has been happening in their body.

Two protocols in this book are specifically written for the correctional context. Protocol 39 — The Diversion Map — maps the Sequential Intercept Model from the inside, giving someone currently incarcerated a clear picture of the decision points where their trajectory can be altered. Protocol 41 — The Airlock — addresses

post-release transition neuroscience and the specific window where overdose risk is highest, with a concrete framework for navigating it.

We are seeking distribution partnerships to ensure this material reaches prison libraries, reentry programs, and public defenders. We can provide the PDF in any format, printed copies at cost, and digital files ready for distribution. No licensing fees. No restrictions. CC0 means exactly what it says.

I'd welcome a conversation about how to get this material into the distribution channels you work with.

Thank you for the work you do on behalf of incarcerated people.

The System Architect
The System Architect
github.com/JRToken-NGI/recovery-kernel

#Sent 4/11/2026 from J R Token email alias

Pitch 3 — Books to Prisoners

Books to Prisoners is a Seattle-based volunteer organization that has been sending free books to incarcerated people since 1973. They respond to individual requests. The pitch here is direct: add The Recovery Kernel to the catalog.

EMAIL

TO: info@bookstoprisoners.net
SUBJECT: Donation offer — free recovery science compendium for your catalog

Dear Books to Prisoners team,

I'm writing to offer a donation of The Recovery Kernel — a complete addiction recovery resource — to your catalog for distribution to incarcerated people who request it.

The Recovery Kernel is a pharmacogenomic addiction recovery framework: nine volumes, 44 protocols, and appendices covering the medical co-morbidities that the recovery literature almost never addresses. It was written by a systems architect who was incarcerated at FMC Rochester, MN — the Bureau of Prisons' federal medical facility — and who observed firsthand that the people around him with the most serious addiction and mental health histories were receiving generic 12-step materials that had already failed them multiple times.

Why this book belongs in your catalog:

It's written for someone with time to read carefully. This is not a pamphlet or a workbook. It is a complete reference library, written in plain language, that explains the biological architecture of addiction in a way that gives people a genuine framework for understanding what happened to them and what can change.

It covers the medical territory that other recovery books avoid. HIV, hepatitis A/B/C, syphilis, gonorrhea, herpes, toxoplasmosis, Wernicke's encephalopathy, suicide risk genetics, the iatrogenic harm from antipsychotic medications — these are the conditions disproportionately present in federal medical facilities and almost entirely absent from standard recovery literature.

Protocol 41 — The Airlock — is specifically written for post-release transition. The overdose rate in the first two weeks after release is 40 to 129 times baseline. This protocol explains why and provides a concrete transition framework for the person who is about to walk out a gate.

It is completely free. CC0 public domain. We can provide PDFs for digital distribution, print-ready files for your bulk printing programs, or we can arrange for physical printed copies to be donated directly.

No licensing. No restrictions. No cost to your organization or to the people who receive it.

The author specifically identified your organization as a priority distribution channel. There are people requesting books from your catalog who would find this material directly relevant to their survival after release.

Please let us know the best way to get this into your distribution system. We're ready to help in whatever way is most useful.

The System Architect
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github.com/JRToken-NGI/recovery-kernel

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@Mail rejected, incorrect email address Corrected and resubmitted via webform

Pitch 4 — Prison Book Program

The Prison Book Program at Bound Together Books in San Francisco has operated since 1973 and serves state and federal facilities across the country. They prioritize educational and self-help materials. The Recovery Kernel fits both categories.

EMAIL

TO: prisonbooks@boundtogether.net
SUBJECT: Educational resource donation — free pharmacogenomic addiction recovery manual

Dear Prison Book Program team,

I'm writing to donate The Recovery Kernel to your program for distribution to incarcerated people who request addiction recovery resources.

The short version: a computer systems architect who was incarcerated at FMC Rochester, MN spent fifteen years and over a million dollars failing standard addiction treatment before discovering that his genetics made every standard protocol biologically mismatched for his system. He spent ten years testing and documenting what actually worked, then published it as a free, public-domain resource.

The Recovery Kernel is a complete pharmacogenomic addiction recovery system: nine volumes, 44 operational protocols, and appendices covering the medical co-morbidities most commonly present in correctional populations — HIV, hepatitis, suicide risk, Wernicke's encephalopathy, psychiatric medication harm, infectious disease. It is written in plain language for someone with no medical background, but with sufficient depth that it rewards careful reading.

The specific relevance to your distribution network:

FMC Rochester is where the Bureau of Prisons places people with serious medical and mental health needs. The author was there. He saw what was available in terms of recovery resources and what wasn't. The gap between the two is why this book exists.

The book includes two protocols written specifically for the correctional context: Protocol 39 maps the Sequential Intercept Model — the system's own diversion framework — from the perspective of someone inside who wants to use it. Protocol 41 addresses post-release transition and the documented 40-to-129-fold increase in overdose risk in the first two weeks after release.

Distribution is completely free. The book is CC0 public domain. We can provide PDFs, print-ready files, or physical copies. No cost to your

organization. No restrictions on reproduction or distribution. The only goal is getting this material to people who can use it.

People requesting books about addiction recovery, health, genetics, or substance use would find this directly relevant. We'd be grateful to be part of your catalog.

Thank you for the essential work you do.

The System Architect
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github.com/JRToken-NGI/recovery-kernel

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Pitch 5 — Inside Books Project

The Inside Books Project in Austin, Texas serves people incarcerated in Texas state prisons. Texas has one of the largest prison populations in the country and significant barriers to outside information. The pitch emphasizes the Texas-specific context and the scope of need.

EMAIL

TO: info@insidebooksproject.org
SUBJECT: Resource donation — free addiction recovery and health compendium

Dear Inside Books Project team,

I'm writing to offer The Recovery Kernel to your program for distribution to people incarcerated in Texas who are seeking addiction recovery or health resources.

Texas incarcerates more than 140,000 people in state facilities. Substance use disorders affect the majority of that population. The resources available for addressing those disorders — in terms of scientifically grounded, personally engaging, practically useful written material — are severely limited.

The Recovery Kernel addresses that gap directly. It is a complete addiction recovery framework: nine volumes, 44 operational protocols, and appendices covering the medical conditions that the standard recovery literature almost never touches — HIV, hepatitis, syphilis, toxoplasmosis, Wernicke's encephalopathy, suicide risk, and the neurological harm caused by antipsychotic medications that were supposed to help.

The author's background is relevant: he was incarcerated at FMC Rochester, MN — the Bureau of Prisons' federal medical facility — where he observed that the people with the most complex medical and addiction histories were receiving the least scientifically grounded recovery support. The book was written in response to that observation.

The scientific foundation of the book: it is built on pharmacogenomics — the science of how genetic variants affect how people process substances, medications, and the neurotransmitters that govern mood, motivation, and recovery. This is not fringe science. It is the basis of FDA drug labeling and CPIC clinical guidelines. The book translates it into plain language that someone with no medical background can use.

The book is CC0 public domain. Free. No cost to your organization or to the people who receive it. We can provide PDFs for digital distribution or print-ready files for your physical distribution program.

If budget is a constraint, we can also explore arranging donated printed copies directly.

A person in a Texas state facility who receives this book has, in their hands, more scientifically current addiction recovery information than most clinicians who treated them had available.

Thank you for the work you do. We'd be grateful to work with you.

The System Architect
The System Architect
github.com/JRToken-NGI/recovery-kernel

#Sent 4/11/2026 from J R Token email alias

Pitch 6 — Appalachian Prison Book Project

The Appalachian Prison Book Project serves incarcerated people in West Virginia, Virginia, Kentucky, and Tennessee — the epicenter of the opioid crisis. The opioid-specific content of the Recovery Kernel is directly relevant to this regional context.

EMAIL

TO: appalachianprisonbook@gmail.com
SUBJECT: Resource donation — opioid recovery and addiction science compendium

Dear Appalachian Prison Book Project team,

I'm writing to offer The Recovery Kernel to your program for distribution to incarcerated people in the Appalachian region.

The Appalachian states you serve have been at the center of the opioid crisis for two decades. The people incarcerated in facilities across West Virginia, Virginia, Kentucky, and Tennessee carry some of the heaviest addiction histories in the country — and some of the most consistent histories of treatment failure. The Recovery Kernel was built for exactly this population.

The Recovery Kernel is a pharmacogenomic addiction recovery framework: nine volumes, 44 protocols, and appendices covering HIV, hepatitis, opioid-specific genetic interactions, Wernicke's encephalopathy, suicidality, and the iatrogenic harm from psychiatric medications. It is written in plain language, in a voice that respects the reader's intelligence without requiring any medical background.

The opioid-specific content is particularly relevant to your service region:

The Gene-Substance Matrix covers OPRM1, CYP2D6, CYP3A4, ABCB1, and BCHE — the genetic variants that determine how any specific person responds to opioids, how dangerous certain combinations are for their specific profile, and why some people experienced opioids as medicine rather than recreation. This is the information that explains the experience of millions of people in Appalachia who used substances that felt genuinely necessary, not recreationally chosen.

Protocol 41 — The Airlock — specifically addresses post-release overdose risk. The data is unambiguous: overdose rates in the first two weeks after release are 40 to 129 times baseline because tolerance drops to near-zero during incarceration while the subjective sense of what the body can handle remains calibrated to pre-

incarceration tolerance. People die because nobody told them this. This protocol tells them.

The Skag Kernel — one of the AI personas in the book's companion system — is written in the voice of Irvine Welsh's Trainspotting: raw, Edinburgh-dialect, brutal honesty about heroin. It is there because some people only hear the truth when it speaks in the same register as their experience. That register is honored here without condescension.

The book is CC0 public domain. Free. Print-ready files available for your distribution program. No cost, no restrictions, no conditions. The information is the point.

Thank you for serving the people in this region. We'd be honored to be part of what you send them.

The System Architect

The System Architect

github.com/JRToken-NGI/recovery-kernel

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Media Kit — One-Page Overview

Use this as an attachment or paste directly into any outreach email.

THE RECOVERY KERNEL

A Free, Public-Domain Addiction Recovery Framework

The Author

A computer systems architect. Incarcerated at FMC Rochester, MN — the Bureau of Prisons' federal medical center. Fifteen years and over $1.5 million in failed addiction treatment. Applied engineering thinking to the question of why treatment was failing and documented the answer over ten years. Published the framework as public domain. Is now donating it to prison libraries.

What the Book Contains

- Nine volumes, 44 protocols, covering crisis triage through long-term reintegration
- A Gene-Substance Matrix: 78 rows, 30 genes, mapping how specific genetic variants affect addiction vulnerability and treatment response
- Appendices covering HIV/PrEP/PEP, hepatitis A/B/C, syphilis, herpes, HPV, Wernicke's encephalopathy, schizophrenia, bipolar disorder, and suicidality genetics
- Protocol 41 — The Airlock: post-release transition protocol addressing the documented 40–129x overdose risk in the first two weeks after release
- Protocol 39 — The Diversion Map: the Sequential Intercept Model reverse-engineered for someone inside who wants to use it
- A complete AI toolset guide for deploying pharmacogenomic analysis on any AI platform
- A Bartender's Friend: 25 neurochemically functional mocktails using standard bar ingredients

Distribution

- Available free at github.com/JRToken-NGI/recovery-kernel
- CC0 Public Domain — no copyright, no restrictions, no permissions required
- Print-ready PDF available for library and institutional distribution

- AI-deployable: KERNEL_AI.md can be loaded into Claude, ChatGPT, Gemini, or Grok to create a personalized pharmacogenomic analysis tool

The Statistics That Justify This Book

- 65% of incarcerated people have a substance use disorder (Bureau of Justice Statistics)
- 95% of those with SUDs in correctional settings receive no treatment (NIDA)
- 40–129x baseline overdose rate in first two weeks post-release (Merrall et al., The Lancet)
- 40% of the population carries MTHFR variants that impair neurotransmitter production — most have never been told
- $200 in pharmacogenomic testing would have identified the author's treatment-resistant profile in weeks. It took $1.5 million and fifteen years without it.

Contact: github.com/JRToken-NGI/recovery-kernel

License: CC0-1.0 Public Domain — free to use, reproduce, and distribute without restriction.

Follow-Up Templates

Send one follow-up only, 10-14 days after the initial pitch if no response. One sentence. Direct.

EMAIL

TO: [Recipient email]
SUBJECT: Following up — The Recovery Kernel pitch

Dear [Name / Team],

I wanted to follow up briefly on my pitch from [date] about The Recovery Kernel — the free, public-domain addiction recovery framework written by a systems architect who was incarcerated at FMC Rochester, MN.

If this isn't the right fit for your organization, I completely understand — but if it is, I'd love to talk about getting this material into the hands of incarcerated people and those recently released.

The book is available immediately at github.com/JRToken-NGI/recovery-kernel. No cost. No conditions.

Thank you for your time.

The System Architect
The System Architect
github.com/JRToken-NGI/recovery-kernel

If They Say Yes — What to Send

When any of these organizations responds positively, have these ready:

- 1. The full compendium PDF — recovery_kernel_kdp_7x10.docx converted to PDF
- 2. The Quick-Start Boot Sequence as a standalone one-pager (the 5-step protocol from the front matter)
- 3. Protocol 41 — The Airlock — as a standalone document (the most critical single protocol for the post-release population)
- 4. Protocol 39 — The Diversion Map — as a standalone document for legal and reentry contexts
- 5. The KERNEL_AI.md file and deployment guide for any organization that wants to offer AI-assisted pharmacogenomic analysis to their population
- 6. A one-paragraph author bio that includes FMC Rochester specifically — this is the credential that matters in this context

A Final Note on Why This Matters

Prison libraries are where people go when they have time and nothing useful to do with it. The people in those libraries — particularly in federal medical facilities like FMC Rochester — are often carrying the most complex medical and psychiatric histories in the country. They are there because every other system failed to address their needs adequately.

The Recovery Kernel was written at that intersection: the person who has failed every standard approach, who carries genetic variants that made every standard medication either useless or destabilizing, who was told repeatedly that the problem was their character when the problem was their pharmacogenomics.

It was written in a voice that person can hear. It was priced at what that person can afford. It was licensed in the way that guarantees no institution can ever lock it behind a paywall or a registration form.

The distribution campaign is not about book sales. It is about closing the gap between the information that exists and the people who need it — specifically the people inside institutions who have the time to read carefully and the deepest need for the right repair manual.

github.com/JRToken-NGI/recovery-kernel

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— The System Architect

Crisis Resources — include in all outreach materials:
988 Suicide & Crisis Lifeline — call or text 988
SAMHSA National Helpline — 1-800-662-4357 (free, confidential, 24/7)
Naloxone (Narcan) — available at most US pharmacies without prescription